

HCBS Final Rule Evidentiary Package

Regina Assisted Living



Setting information

Setting name: Regina Assisted Living	ID # 30246
Street address: 1008 First St. W., Hastings, MN	Phone: 651-404-7947
Setting website, if applicable: Regina Assisted Living (http://www.regina-seniorliving.com/assisted_living)	Date of site visit: 6/8/2018

Waiver service type

Waiver service	Service type:
<input checked="" type="checkbox"/> Alternative Care (AC) <input checked="" type="checkbox"/> Elderly Waiver (EW) <input checked="" type="checkbox"/> Brain Injury (BI) <input checked="" type="checkbox"/> Community Access for Disability Inclusion (CADI) <input type="checkbox"/> Community Alternative Care (CAC) <input type="checkbox"/> Developmental Disabilities (DD)	Customized Living Customized Living

Reason for heightened scrutiny

Prong type	Category	Type of setting
Prong 1 Located in a Public or Private Institution	Name of Institution	Name of Institution Regina Hospital, 1175 Nininger Rd, Hastings, MN, 55033

Note: The term people/person (resident for residential settings) refers to people receiving Medicaid HCBS waiver services.

General summary

Regina Assisted living is a customized living setting in a housing-with-services establishment that serves 127 people in Hastings, Minnesota. Hastings has a population of 22,722 people according to the 2017 U.S. Census estimates. Regina Assisted Living is situated at the northwest edge of Hastings near the Mississippi River and Lake Rebeca amongst a residential neighborhood and local businesses. Regina Assisted Living provides dining, socializing, transportation, activities of daily living (ADL) and health supports and housekeeping in studio, one-or two-bedroom apartments. The setting reported on its attestation that it is serving 127 people across multiple payment sources, including 46 people receiving HCBS waiver funding.

Regina Assisted Living is attached to the Regina Hospital and Nursing Home at 1175 Nininger Road, Hastings, MN 55033.

Customized living provider standards/qualifications

Licensure requirements and other state regulations for customized living services clearly distinguish these services/settings from institutional licensure or regulations.

Customized living services are provided in housing with services establishments with the service provider directly licensed as a comprehensive home care provider by the Minnesota Department of Health. Customized Living services provide an individualized package of regularly scheduled health-related and supportive services provided to a person who resides in a qualified, registered housing with services establishment.

Customized living service definitions that support the setting requirements

Customized living (CL) and 24-hour CL services include component services designed to meet the person's assessed needs and goals. Individualized CL services may include supervision, home care aide tasks (e.g., assistance with activities of daily living), home health aide task (e.g., delegated nursing tasks), home management tasks, meal preparation and service, socialization, assisting enrollees with arranging meetings and appointments, assisting with money management, assisting participants with scheduling medical and social services, and arranging for or providing transportation. If socialization is provided, it must be part of the service plan, related to established goals and outcomes and not diversional or recreational in nature.

For more details about the component services, including what is covered and distinctions between each see [Customized Living Component Service Definitions, DHS-6790H \(PDF\)](#).

Minnesota's Community-Based Services Manual (CBSM) provides the following requirements for customized living services:

[CBSM page for customized living services](http://www.dhs.state.mn.us/id_001787#) (http://www.dhs.state.mn.us/id_001787#)

Prong 1 and Prong 2 settings

Meaningful distinction between the facility and HCBS setting

States must submit strong evidence that the setting presumed institutional has the characteristics of a HCBS setting and not an institutional setting.	
Determination	Summary
<input checked="" type="checkbox"/> Met <input type="checkbox"/> Unmet <input type="checkbox"/> Not applicable	<p>Interconnectedness between the facility and the setting in question, including administrative or financial interconnectedness, does not exist or is minimal.</p> <p>The Regina Assisted Living setting is separate from the facility. The setting has a separate entrance into the customized living setting. Daily operations are separate, with separate program manager than the institutional facility.</p>
<input checked="" type="checkbox"/> Met <input type="checkbox"/> Unmet <input type="checkbox"/> Not applicable	<p>To the extent any facility staff are assigned occasionally or on a limited basis to support or back up the HCBS staff, the facility staff are cross-trained to meet the same qualifications as the HCBS staff</p> <p>Regina Assisted Living setting staff has staff specific to the HCBS setting. Regina Assisted Living setting staff do not provide services or support in the institutional facility on the same work shift or on different work shifts and institutional facility staff do not provide services in the HCBS setting. Customized living staff receive training specific to the HCBS setting and requirements. Before any staff delivers care in the HCBS setting, they must receive specific training to the HCBS setting.</p>
<input checked="" type="checkbox"/> Met <input type="checkbox"/> Unmet <input type="checkbox"/> Not applicable	<p>Participants in the setting in question do not have to rely primarily on transportation or other services provided by the facility setting, to the exclusion of other options</p> <p>People receiving services from Regina Assisted Living have multiple options to meet their transportation needs. The setting is located near public transportation, is served by Transit Link (Dial A Ride), there is a setting specific bus that may provide transportation for community outings. Several taxis serve the area, and friends, family and volunteers also provide transportation. Staff will support people in secure transportation options, provide training on local bus routes, and coordinate volunteer drivers. Transportation resources are posted in common areas.</p>

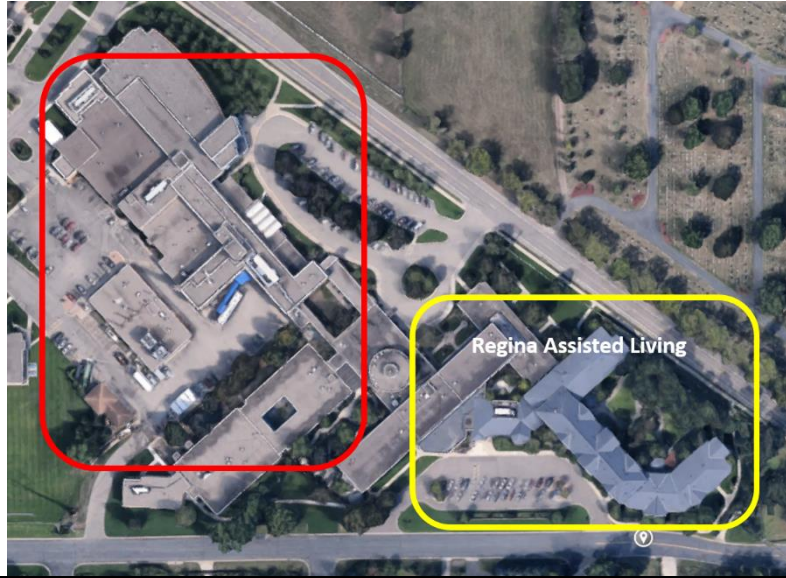
The setting provides HCBS services in a space that is distinct from the space that institutional services are provided.

Regina Assisted Living is a separate building, with separate signage and entrances, connected through enclosed hallways to the nursing facility and hospital. The setting has its own dedicated community space used for people receiving customized living services. Below is an aerial view of Regina Assisted Living (yellow rectangle) and institutional setting.

☒ Met

☐ Unmet

☐ Not applicable



Community engagement opportunities and experiences

Regina Assisted Living has a resident council that meets monthly. The council has separate meal and activity planning committees to provide ongoing input about interests and preferences for formally arranged activities. People are individually assessed regarding their interests and preferences during initial move in and annual service planning meetings. People also share their interests throughout the year through informal avenues. The administrator reported transportation is available for individual and group community activities.

The administrator and staff reported activity options are posted daily along with a monthly calendar. There are multiple areas to post activities throughout the setting to communicate activities, including at minimum, on each floor's bulletin board and elevators. People interviewed stated "new ideas welcomed" by staff and administrator at Regina Assisted Living. People also reported they appreciate the monthly newsletter and location of posted events throughout the setting to help them choose which activities they want to participate in. Family and friends can join people for activities or help coordinate activities when people request their assistance.

Recent group community outings that occurred prior to the onsite visit include Minnesota Twins game, picnics, Mystery Trips, Boat tour, shopping, casino, and attending an eagle exhibit. Recent community activities people attended independently include

- Art classes
- Bowling
- Fishing
- Gardening
- Golfing
- Movies
- Restaurants
- Shopping
- Visiting family
- YMCA (across the street)

During the onsite visit, we observed people socializing with their peers at their leisure. We observed people going out into the community for activities and to receive other services. We observed that group activities were available while people actively choose to participate in independent activities as they desired. There are several patios and garden areas people can walk through, along with a space for church services open to the local community.

Recent onsite group activities people attended include cards games, mind-health games, doing nails, crafts, happy hour, exercise, bingo, dice, a Mother's day brunch, and baking.

HCBS characteristics

This section is a summary of the individual HCBS characteristics required in the HCBS rule. The findings for each characteristic are identified through the setting attestation documentation, on-site observation or both.	
HCBS Rule requirement	Compliance status (Please select)
<p>Each person at the setting has a written lease or residency agreement in place providing protections to address eviction processes and appeals.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>Regina Assisted Living submitted an HCBS-compliant lease that includes the requirements of the HCBS final rule. People interviewed reported receiving a lease upon moving in.</p>	Compliant
<p>Each person at the setting has privacy in his/her sleeping or living unit including a lockable door.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>Each person is given a key fob to his/her living unit (apartment) which opens unit door and main entrance. The main entrance doors to the setting are locked at night with a buzzer for guests and visitors to use. When a person lives in the memory care unit, a pass code is used for people to enter and exit the memory care unit. People without a HCBS rights modification are given the passcode to egress as they please.</p>	Compliant
<p>The setting facilitates that a person, <i>who shares a bedroom</i>, is with a roommate of their choice.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input type="checkbox"/> Observation made during on-site visit</p> <p>Regina Assisted Living does not offer shared bedrooms.</p>	Compliant

<p>The setting provides people with the freedom to furnish and decorate their bedroom and living unit within the lease or residency agreement.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>Each unit observed was decorated uniquely to the person residing in it. Units were decorated with pictures and mementos. All furniture appeared to be different.</p>	Compliant
<p>The setting provides people the freedom and support to control their daily schedules including access to food at any time.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>Staff reported people have access to a variety of snacks and drinks throughout the day. There is a snack and coffee bar available to people all day along with an open fridge for food items. Residents also have a “meal council” to provide input on meal options throughout each month.</p> <p>Regina Assisted Living submitted HCBS-compliant documentation that demonstrates a person has the freedom to control his/her daily schedule. During the interviews with people receiving services, their reports confirmed this policy in practice.</p>	Compliant
<p>The setting allows people to have visitors at any time.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>People reported they are able to have visitors at any time. We observed many people coming and going during the onsite visit.</p>	Compliant
<p>The setting provides opportunities for people to seek employment and work in competitive integrated settings.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>Regina Assisted Living submitted HCBS-compliant documentation that demonstrates supporting opportunities for people to seek employment and work in competitive integrated settings. Many people served by Regina Assisted Living are retired. Several people hold part time jobs or volunteer in the community. Staff accommodate a person’s work or volunteer schedule by providing transportation if needed and flexibly delivering services around the person’s schedule.</p>	Compliant

<p>The setting is physically accessible to the individual.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>All areas of Regina Assisted Living are physically accessible per on-site visit observation. The people receiving services interviewed confirmed they are able to access all areas of their apartments and the setting.</p>	Compliant
<p>The setting provides people opportunities to access and engage in community life.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>Regina Assisted Living administrator and staff reported people participate in both provider organized and self-determined community activities. People autonomously choose the frequency of participating, with some people coming and going daily, weekly or a few times a month. We observed people choosing to participate in both group and individual activities. People choose who they engage with on a daily basis. There were people coming and going throughout the setting during the onsite visit.</p> <p>For more information, see the community engagement section above.</p>	Compliant
<p>The setting supports the person's control of personal resources.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>People reported they have access to their personal resources, and are able to manage their own finances.</p>	Compliant
<p>The setting ensures people's right to privacy.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>Regina Assisted Living submitted HCBS-compliant documentation that demonstrates people's right to privacy is maintained. People interviewed reported the provider respects their right to privacy.</p>	Compliant

<p>The setting ensures people’s dignity and respect.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>We observed staff interacting with people respectfully. People receiving services reported during interviews that they rate their services as, “Better than I expected.”</p>	Compliant
<p>The setting ensures people’s freedom from coercion and restraint.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>Regina Assisted Living submitted HCBS-compliant documentation that demonstrates people are free from coercion and restraint. There were no signs of coercion or restraint observed during the on-site visit. We observed people moving freely about inside and outside the setting.</p>	Compliant
<p>The setting optimizes individual initiative, autonomy, and independence in making life choices, including daily schedule and with whom to interact.</p> <p><input checked="" type="checkbox"/> Compliant documentation submitted with attestation</p> <p><input checked="" type="checkbox"/> Observation made during on-site visit</p> <p>People were observed coming and going, as well as participating in a variety of activities during the site visit. A person interviewed reported that they can choose for themselves what they want to participate in. People interviewed confirmed they are aware of community happenings and events. A monthly newsletter is shared with residents along with ad daily posting of activities available. People reported the posting of the newsletter helps them decide what activities to choose.</p>	Compliant

Pictures of the HCBS setting

